

Fun Food Feature of the Week!

Couscous

- A VERY tiny whole grain made from semolina (coarsely ground durum wheat) that is only about 1/16 in diameter after cooking.
- It is possible that the origin of couscous can be traced back to early Africa.
- It is a staple food in much of Algeria, Morocco, Tunisia, and Libya.
- In the United States couscous is often used like a pasta served under a meat, stew, or as a side dish.
- Couscous is known for its remarkable cooking time if it has been pre-steamed (most sold in the U.S. has been pre-steamed). It only takes less than 5 minutes to prepare!
- Use it as an alternative to rice or pasta in your favorite recipe.
- Add vegetables and beans for a vegetarian main dish.
- Serve with chicken, beef, or fish as a side dish.



Mediterranean Couscous and Beans

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- 3 cups vegetable or chicken broth
- 2 cups uncooked couscous
- 1/2 cup raisins or currants
- 1/4 teaspoon pepper
- 1/8 teaspoon red pepper (ground cayenne)
- 1 small tomato (chopped)
- 1 15-16 ounce can garbanzo beans (rinsed and drained)
- 1/3 cup crumbled feta cheese



Heat broth to boiling in a 3 quart sauce pan. Stir in all ingredient except feta cheese. Remove from heat and let stand for 5 minutes. Fluff with a fork. Serve with feta cheese sprinkled on top.

8 servings, 1 1/2 cups per serving (3 1/2 starch exchanges per serving)